

Fuquay-Varina Athletic Association Basketball

1.0 Purpose and League Management

- 1.01 The name of the organization shall be the Fuquay-Varina Athletic Association (FVAA) Basketball League.
- 1.02 The purpose of the organization shall be to promote sportsmanship, a sense of fair play, wholesome competition and the personal satisfaction linked with learning the basic physical skills, inherent in the game of basketball that enable a young person to develop a healthier body and quicker mind and improve their self-esteem.
- 1.03 The governing authority shall be vested in the FVAA.
- 1.04 The Athletic Association will elect a commissioner for each division of play.
- 1.05 The approved commissioner shall rule on the eligibility of all players.

2.0 Coaches - Assistant Coaches

- 2.01 No team shall have more than one (1) Head Coach and one (1) Assistant Coach with up to two (2) named alternate Assistant Coaches. Coaches will coach only one team per league.
- 2.02 Head Coaches will be selected by the sport committee from volunteers and approved by the FVAA Board of Directors.
- 2.03 Coaches named in item 2.01 will be subject to any and all rules set forth by the FVAA and must sign the coaches' agreement.
- 2.04 Coaches are required to conduct themselves as ladies and gentlemen and good sportsmen at all times in accordance with the codes of conduct. All Coaches are responsible for the conduct of all his/her players.
- 2.05 Assistant Coaches may be selected by the Head Coach and will subject to the same rules and regulations. Assistant Coaches may only be selected after the draft.
- 2.06 Only the Head Coach and his/her officially appointed Assistant Coach and/or designated alternate will be allowed to sit on the bench with the team during the play of an official game (2 coaches only). Only players, two (2) coaches and individuals involved in game operations will be allowed on or behind the benches during the game. Violation of this rule will result in forfeiture of the game; if the opposing coach does not immediately remove the unauthorized person from the bench.
- 2.07 Coaches and players participate at the pleasure of and subject to dismissal by the FVAA.
- 2.08 All Coaches (Head & Assistants) shall be members of the FVAA. All dues and fees shall be current.
- 2.09 All Coaches will be reviewed during the season by the League Commissioner and the Basketball Committee and these reviews will be placed the Coaches files.

3.0 Player Selection and Replacement

- 3.01 At a time designated by the Athletics Director and basketball committee, the FVAA will announce that registration is open to all players of eligible age who, has established his/her legal residence within the League's geographical boundaries as defined by the Association, will be eligible to participate in the current season. All new players will submit a copy of their birth certificate to be retained by the FVAA.
- 3.02 All players are to be selected to a team by a means of a draft procedure with the exception of Minor Leagues.

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3.03 Late registrants will be accepted up until draft day for their league and placed on a waiting list and may be added to the league's roster within two (2) weeks of the first game if space is available. The basketball committee and FVAA office will determine the team placement.

4.0 Player Eligibility

4.01 All players must reside in the geographic boundaries of the League as defined by the FVAA.

4.02 Players on school teams, Senior High, Junior High or Middle School, may play for a team in the Fuquay-Varina Athletic Association Basketball League only with permission from the school coach in writing.

4.03 **Atlantic & Pacific Leagues** (ages 6 through 8) A Minor League player must be 6 years old on or before October 15th of the current season and cannot turn 9 years old before October 15th of the current season or are in the first, second or third grade. Pacific League players will consist of 6 and 7 year olds that have little or no previous experience. Atlantic League players will consist of 7 and year old players that have previous experience or exhibit better than average skills.

4.04 **Junior League** (ages 9 and 10) A Junior League player must be 9 years old on or before October 15th of the current season and cannot turn 11 years old before October 15th of the current season or are in the fourth or fifth grade.

4.05 **Intermediate League** (ages 11 and 12) A Intermediate League player must be 11 years old on or before October 15th of the current season and cannot turn 13 years old before October 15th of the current season or are in the sixth or seventh grade.

4.06 **Prep League** (ages 13, 14 and 15) A Prep League player must be 13 years old on or before October 15th of the current season and cannot turn 16 years old before October 15th of the current season and or in the eighth, ninth or tenth grade.

4.07 **Girls Junior League** (ages 9 and 10) A Junior Girls League player must be 9 years old on or before October 15th of the current season and cannot turn 11 years old before October 15th of the current season or are in the fourth or fifth grade.

4.09 **Girls Intermediate League** (ages 11 and 12) A Girls Intermediate League player must be 11 years old on or before October 15th of the current season and cannot turn 13 years old before October 15th of the current season or are in the sixth or seventh grade.

4.10 **Girls Prep League** (ages 13, 14 and 15) A Girls Prep League player must be 13 years old on or before October 15th of the current season and cannot turn 16 years old before October 15th of the current season or are in the eighth, ninth or tenth grade.

4.11 **Senior Boys League** (ages 16 and 17) A Senior Boys League player must be 16 years old on or before October 15th of the current season and cannot turn 18 years old before October 15th of the current season or are in the tenth, eleventh or twelfth grade.

4.12 All players shall be members of the FVAA, submit a birth certificate, and pay a fee, which will be set by the Association. This fee will cover registration.

4.13 All membership dues and sports fee shall be paid in full prior to the draft. Unpaid dues will disqualify player from the draft.

5.0 Team Rosters

- 5.01 Each team shall consist of a maximum of **eleven (11)** players and a minimum of eight (8) players.
- 5.02 Players may be dropped from a team's roster with approval from the FVAA Office and a written statement from the parents to the FVAA Office. Once a player has been dropped from a team's roster, he or she is dropped from the league. The following are bona fide reasons for dropping a player:(pending Basketball Committee ruling)
- A. A player moves from the community or geographic boundary.
 - B. Sickness or injury, which will prevent a player from returning.
 - C. A player missing any combination of four practices and/or games without a valid reason.
 - D. A player is taken out of the league for personal reasons by his/her parents (e.g., poor grades).
 - E. Parent may request a refund, but must follow the FVAA refund policy stated on each sport registration form.
- 5.03 Players must attend practice before he/she will be eligible to play in a game.

6.0 Playing Rules

- 6.01 Unless otherwise stated, official rules will be those accepted by the North Carolina High School Athletic Association.
- A. **Goal Height:** Minor League- 8 1/2 Feet (or at the lowest position in the Community Center Gym)
 - B. **Ball Size:** Atlantic & Pacific League – minimum of 27.5” in circumference.
 - Junior Girls & Boys, Intermediate Girls & Boys and Prep Girls –minimum of 28.5” in circumference.
 - Prep and Senior Boys – minimum of 29.5” in circumference.
- 6.02 There will be four quarters of eight (8) minutes each. In all Leagues, a fast clock will be used except during the last two minutes of the game when a regulation clock will be used (stops on all whistles). The game clock shall stop during free throw attempts.
- A. If a team is ahead by 15 or more points in the last two (2) minutes of the game then the clock will continue to run as a fast clock.
- 6.03 Half-time will be five minutes long.
- 6.04 Overtime shall be two minutes - regulation clock to be used. -ALL LEAGUES
- 6.05 The one-and-one will be on the seventh team foul of each half. - For Junior Leagues and above.
- 6.06 Time Outs. Two 60-second time-outs per half shall be granted to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Time-outs not used in the second half may be used at any time (i.e., overtime). FOR ALL LEAGUES EXCEPT ATLANTIC and PACIFIC.
- 6.07 The Junior Girls & Boys shall shoot free throws from the 13-foot line.
- 6.08 Lane Violations. A player shall not remain for FIVE (5) seconds in that part of his/her free throw line between the end line and the farther edge of the free throw line while the ball is in control of his/her team in his/her frontcourt. If a violation occurs, the opposition is awarded the ball. FOR ALL LEAGUES EXCEPT SENIOR BOYS.

- 6.09 Defensive team may engage the offensive team at the following locations on the floor:
(The defense may not steal or touch the ball outside the point of engagement, but can do so once the ball crosses the point of engagement. EXAMPLE: defensive players cannot reach across and disrupt an offensive pass. However, the offensive team will not be permitted to hold the ball outside the point of engagement to delay play.)
- A. Minor A & B – 3- point line
 - B. Junior Boys – 10 second line (half court line) except in the last 2 minutes.
 - C. Junior Girls – Front Court Hash Marks
- 6.10 Each player on a team's roster who is present at the game must play at least one full quarter and appear in each half. Scorekeepers are responsible indicating the quarters played in the scorebook. Violation of this rule will mean automatic forfeiture of the game and disciplinary action of the Head Coach, up to dismissal for the season for repeated violations.
- 6.11 Atlantic / Pacific, Junior, and Girls Leagues: After all time outs, the offensive team must inbound the ball into the frontcourt.
- 6.12 Atlantic / Pacific r, Junior and Girls Leagues: To start the quarter, the ball may be inbound into the backcourt.
- 6.13 Junior, Intermediate, Prep, and Girls Leagues: When a team is ahead by 15 points or more they can not play a full court press or half court press and must defense inside the 3 point arc on their defensive end of the court.
- 6.14 All players who choose to wear undergarments, which are visible, **must** adhere to the following: Undergarment tops are to be the same color as the regulation jersey. Undergarment bottoms must be the same color as shorts. All visible undergarments are to be a solid color without extra marking, trim or wording. All shirts are to be worn with the shirttails tucked into the waistband.
- 6.15 Game shorts, the whole team must have matched solid black or white shorts or the same color shorts as their team jersey. The entire team must match and wear the same color shorts. Shorts are not to extend past the knee.
- 6.16 No jewelry will be allowed.
- 6.17.1 The three point shot is in effect for the Intermediate, Prep and Senior Leagues only as stated in the North Carolina High School Athletic Association rulebook. NO DUNKING in any age group.
- Atlantic / Pacific League Supplemental Rules**
- 6.18 Time outs. There are no limits on time-outs **BUT** with the coaches allowed on the floor and the tight gym schedule, please keep the game moving to keep the four eight (8) minute quarters.
- A. Foul shots – are taken from the short line; smaller players from the base of the dotted line (at the discretion of the officials).
 - B. Foul shots – only for act of shooting (two shots). In the last two minutes, any foul shall result in two (2) free throws. The game clock stops for all foul shots at the referee's call.
- 6.19 A. Defense may only be applied within the (3) three-point arch.

B. Defense is only allowed to steal the ball inside the (3) three-point arch, but a deflected ball from inside the (3) three-point arch is a free ball.

6.20 Free shots will be awarded to each team at the beginning of the second half. All team members present at the beginning of the second half will be awarded one free throw which will be included in the game score at the time that the basket is made. Each team will be allotted the maximum number free throws based upon the maximum number of player present for either team. Example: Team A has 9 players, Team B has 7 players then both teams will only shoot 9 free throws. When Team B shoots 9 attempts and only has 7 players, the players allowed to shoot the second shot will only be players who missed their first attempt.

6.21 At the referee's discretion, intentional fouls will be called and the player being fouled will be awarded two (2) free throws.

6.22 No Jump Ball, the Home team will be awarded first possession.

Pacific League Supplemental Rules

6.23 The coach may assist the players by getting them into offensive or defensive positions

6.24 The maximum number of players on a team will be 10 players (minimum of 8).

6.25 Foul shots will be taken from the bottom of the free throw circle.

6.26 Minimum playing time will be 16 minutes for each player. Clock will stop at 4 minute mark for substitutions in each quarter.

6.27 Either the head coach or an assistant coach will be allowed to be on the floor, but not simultaneously. Any coach that is not on the court must remain at the bench with the players that are not in the game.

6.28 Players will be placed in the Pacific League based on parental request. The FVAA Basketball Committee will have the final decision on player placement.

6.29 All other minor supplemental and standard league rules will still apply.

7.0 Practice

7.01 Scheduled practices are set by the Basketball Committee and or the FVAA Office. No additional mandatory practices are allowed.

7.02 If someone has access to a facility for practice - then they must make it available to everyone on an equal basis.

7.03 **Siblings and/or parents are not allowed to practice on unused goals during a regular practice or games.** Players and coaches only will be allowed on the playing surface during practice. Persons not abiding by this rule will be asked to leave the facility. (See Section 9.0 for additional Community Center rules)

8.0 Game Operations

- 8.01 Game operations will be assigned by the Basketball Committee. Operation at Council Gym and Community Center Gym consists of Concessions Stand operations, picking up all trash at the conclusion of the last game, sweep gym floor and bleacher area (Council Gym only), place game ball in concession stand, turn out lights (Council Gym only), and lock doors (Council Gym only). At Council Gym, **both coaches** of the last game are responsible for remaining behind to clean up and lock the gym. (See Section 9.0 for additional Community Center rules).
- 8.02 The home team Head Coach must provide an experienced, competent person to operate the clock. If an Official Scorekeeper is not present the Home Team shall also be responsible for providing one experienced, competent person to keep the Official Score book. Both jobs are **very important**. Game officials will **not be allowed** to have their children at the scorekeeper's table.
- 8.03 The scorekeeper shall report to the scorer's table area at the beginning of the Final quarter of the previous game or 15 minutes before the start of the first game in order to expedite the completion of the team rosters. Head Coaches are responsible for providing team rosters to their scorekeepers.
- 8.04 Evaluation form to be given to the referee by the official scorekeeper at the conclusion of each game.

9.0 Community Center Rules

- 9.01 NO FOOD OR DRINKS ALLOWED IN GYM. FVAA will provide water at the team benches for games for players and coaches only. Any individual bringing food and/or drinks into the gym will be asked to leave and will be prohibited from entering the gym for multiple offenses.
- 9.02 Participating players and coaches only allowed in the gym during practices. Non-participants will be allowed in the lobby only.
- 9.03 Entry and exit into the gym other than emergencies is allowed only through the lobby.
- 9.04 Scorekeeper, clock operators, league officials, players and coaches only are allowed at the bench areas in the center of the gym. All non-participants are only allowed in the bleacher areas along the sides of the gym floor. Non-participants are to use the end line areas only to move between bleachers and are not allowed to congregate in these areas due to egress requirements. Coaches may only assemble their teams in the lobby area prior to their game and are not allowed in any areas other than the bleachers just prior to their game. Players and coaches are not allowed onto the gym floor until the previous teams have cleared the floor, and teams must promptly leave the floor area and move to the lobby once their game is complete (i.e. no team meetings on the floor after the game) in order to expedite play. No siblings, non-participating children or non-coaching individuals are allowed in the bench area before, during and after game play. No coaching will be allowed from the end lines.
- 9.05 Players are not to bring personal basketballs to the gyms. If coaches are providing additional basketballs for practice, they must be of the indoor leather variety or equivalent.
- 9.06 NO "HEELIE" SHOES, cleats, rollerblades, scooters, skateboards or other wheel-devices are allowed in the community center in any areas. Individuals with these items will be asked to leave the gym immediately.
- 9.07 Parents are assigned to the run the concession stand during all games. FVAA participants are required to keep this area clean and free of trash. All coaches are encouraged to clean up any trash found in the lobby during or after games. FVAA participants are required to clean and secure the concession stand after the last game of the evening (concession stand duties are outlined in the Game Operations document and will be posted in the stand).
- 9.08 All participants must leave the gym floor immediately after the last game of the day, and leave the gym as quickly as possible, to meet the community center closing time. No free play will be allowed on the gym floor after the last practice/game or between games, even if the floor is open.
- 9.09 NO DUNKING ALLOWED AT ANY TIME.