

## **HOT SHOTS BASKETBALL (AGES 11-14)**

### **RULES AND REGULATIONS**

#### **PROGRAM GOAL**

1. To provide a program that will enhance the participant's basketball skills.
2. To learn the value of teamwork and good sportsmanship.

#### **RULES AND REGULATIONS**

1. No standings will be kept.
2. Each player must play a minimum of two (2) quarters per game. Parents are to inform staff members if this rule is violated.
3. Games will be played on 10' goals.
4. Games will consist of four (4) eight-minute quarters per game. The clock will run continuously except when shooting fouls and timeouts, and the clock will stop during the final two (2) minutes of the second and fourth quarters every time the official blows his/her whistle.
5. The clock will stop at four (4) minutes of each quarter for substitutions to be made.
6. Each team will be allowed two (2) timeouts per half.
7. Each game will begin with a jump ball.
8. In jump ball situations, the team that lost the jump ball at the beginning of the game will gain possession first. Possession will alternate for the remainder of the game.
9. All teams may play zone defense or man-to-man defense.
10. Teams may press and teams may fast break.
11. No stalling the ball to run time off of the clock.
12. Free throw attempts will be awarded on shooting fouls if:
  - a. The ball does not go in the basket. The fouled player will shoot two (2) free throws.
  - b. The ball goes in the basket, the team will be awarded two (2) points and the fouled player will shoot one (1) free throw.
13. In the event of a tie, a two (2) minute overtime period will be played. Overtime will begin with a jump ball, and jump ball possessions will begin with each new overtime. The clock will stop every time the whistle blows during overtime. No timeouts will be awarded. This procedure will continue until the tie has been broken.
- 14. THE YORK PARKS AND RECREATION DEPARTMENT WILL NOT TOLERATE MISCONDUCT FROM ANY PLAYER, COACH, PARENT, OR SPECTATOR. IF SUCH AN EVENT OCCURS, YOU WILL BE BANNED FROM THE FACILITY AND PROGRAM FOR AN UNDETERMINED AMOUNT OF TIME.**