



CITY OF HARRISONBURG  
**PARKS  
& REC**

**U12 Basketball Guidelines and Rules**



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# **Article 1: Mission/ Values Statement**

## **City of Harrisonburg Mission Statement**

The City of Harrisonburg preserves and enhances the quality of life that is unique to our community by:

- Promoting a partnership between our citizens, elected officials and city employees.
- Protecting the health, safety and general welfare of all citizens.
- Planning for the orderly and efficient development of the community.
- Identifying concerns, problems, and opportunities and taking action to address them.
- Selecting, training, motivating and retaining highly qualified employees.
- Creating an organizational environment that fosters integrity, encourages continuous improvement, maintains safe working conditions and promotes individual and team achievement.

## **Harrisonburg Parks and Recreation Values**

- Integrity- We are committed to taking initiative, being accountable, and adhering to our mission vision and values.
- Teamwork- We engage in effective communication to build professional and respectful relationships while being open minded to and welcoming of diverse perspectives.
- Innovation- We utilize technology, processes, and protocols of operation to enhance efficiency and pride in our organization’s ability to be a leader in Parks and Recreation.
- Safety- We are proactive in creating a safe working and recreational spaces for our employees and community.
- Public Service- We provide consistent quality service by building relationships through diverse opportunities that appeal to our community.

## **Article 2: League Contacts**

Athletics Coordinator	Steven Hollister	540-433-9168	<a href="mailto:Steven.Hollister@harrisonburgva.gov">Steven.Hollister@harrisonburgva.gov</a>
Athletics Coordinator	Courtney Carawan	540-433-9168	<a href="mailto:Courtney.Carawan@harrisonburgva.gov">Courtney.Carawan@harrisonburgva.gov</a>
Athletics Manager	Erik Dart	540-433-9168	<a href="mailto:Erik.Dart@harrisonburgva.gov">Erik.Dart@harrisonburgva.gov</a>

## Article 3:

**U12 Basketball Guidelines/ Ages 11-12:** Below are the standards and rules in which this league will operate. All these rules are based on USA Basketball recommendations with some modifications. These shall serve as guidelines for those playing, coaching, officiating, and administering. Some rules may be modified during the season if the league administrator sees it is in the best interest of the participants.

### Equipment and Court Specifications

Size of Ball	28.5"
Height of Basket	10 feet
Court	Full Court
Distance of Free Throw Line	15'

### Game Structure

Game Length	Four 8-minute periods
Substitutions	Every 4 minutes of first 3 quarters, in a dead-ball situation (this is not a timeout)
Time Between Periods	1 minute
Extra Period	2 minutes
Scoring	<ul style="list-style-type: none"><li>Free throw: 1 point, all field goals.</li></ul>
Timeouts	<ul style="list-style-type: none"><li>Two 60-second timeouts permitted per half of play</li><li>One 60-second timeout permitted in the extra period</li><li>Unused timeouts do not carry over to the next half or extra period</li></ul>
Start of Game Possession	Jump ball
Fouls	Each player is limited to 4 fouls. If they exceed that (5 <sup>th</sup> foul) they will be required to be on the bench for the remainder of the game.

### Game Tactics

Playing Time	Equal playing time (substitutions on 4-minute mark of each quarter)
Set Defense	Man to Man, Zone, Half Court and Full Court
Pressing Defense	<ul style="list-style-type: none"><li>Allowed throughout the game.</li><li>Leading team may not press beyond half court when leading by 10 points or more</li></ul>
Double-Team/Crowding	Double-teaming is allowed
Stealing from the Dribbler	Coaches discretion throughout the game

### Highlighted Game Play Rules

Backcourt Timeline	10 seconds
Shot Clock	N/A
5 Seconds Closely Guarded	Only when offensive player is holding the basketball
Clock Stoppage	<ul style="list-style-type: none"><li>Running clock until the final minute of the first half, final 2 minutes of the second half, and final minute of the extra period</li><li>Substitutions</li><li>Timeouts</li><li>Injury</li></ul>
Length of Time for a Free-Throw	10 seconds
Advancement of Ball	N/A (no ball advancement will be allowed)
Unsportsmanlike or Technical Foul	<ul style="list-style-type: none"><li>Players will automatically be ejected from game</li><li>Coaches who receive 2 in a game, must exit the facility</li></ul>

## **Article 4: Rationale**

- Substitution rules:
  - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
  - Not having a substitution rule in the 4<sup>th</sup> quarter allows an introduction of competition but, still allows player development to be the emphasis at every game.
- Set defense:
  - The requirement of player-to-player defense encourages physical activity/movement, while promoting skill development related to guarding a player both on and off the ball.
- Clock stoppage:
  - The balance of clock stoppage allows for better game flow, and proper substitution of players.
- Fouls:
  - This discourages fouling due to automatic points and retaining possession.

## **Article 5: Sportsmanship Policy**

- Spectators that show poor sportsmanship including, booing, harassing officials, arguing calls, negative behavior or comments, or threats or obscene gestures shall be given 1 warning, and then ejected from the facility. Play will not resume until spectator has exited. If they refuse to leave, the game will end, and the individual will be issued a suspension notice which will apply to all Harrisonburg Parks and Recreation facilities and parks.
- Cheering in a positive manner for both teams is highly encouraged. Remember, it takes a lot of nerve for our players to get in front of a crowd and PLAY. Please remember this during the game and help us build the positive experiences through the game of basketball.
- Please refrain from coaching our players from the bleachers during games. We have coaches who volunteer their time to do this, let them coach! This is also very distracting to our players. Again, don't be the reason for increased anxiety to our players.

## **Article 6: Registration**

- Registration information may be found once our September-December Activity Guide has been released.
- All league information can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- Please make sure all requested information has been completed.

## **Article 7: Practices**

- Teams will have 4-6 scheduled practices prior to the season starting.
- Practices will last no more than 1 hour.
- Practices will be held at the Simms Center at 620 Simms Avenue, Harrisonburg, VA 22802.
- Teams will have various scheduled practice times throughout the season.

## **Article 8: Game Day**

- Please arrive 20 minutes prior to the start of the game.
- Jerseys will be provided for each team.
- \*\*\* It will be the responsibility of each participant or parent to have jersey washed and returned at end of season

- Teams will be allowed a minimum of 10 minutes to warm-up prior to their game.
- Games will be scheduled for 6:30pm and 7:30pm. If the 6:30pm game ends late, we will start 15 minutes following the end of the 6:30pm game.
- Officials are contracted through the JMU Student Officials Association and will utilize VHSL basketball rules with a few modifications listed in these guidelines. Please be respectful of all official calls.
- No food or beverages other than water will not be permitted in our gymnasium.
- Parents/guardians are responsible for the supervision of their children that accompany them to the games.

## **Article 9: Game Cancellations or Postponements**

- For inclement weather notifications, please use the following resources:
  - HPR Athletics Facebook: [www.facebook.com/hprathletics](http://www.facebook.com/hprathletics)
  - Twitter: [www.twitter.com/HburgParks](http://www.twitter.com/HburgParks)
  - Email (please ensure we have an accurate, updated email address upon registration)
- In the case of inclement weather, see below to see how your class or activity will be affected:
  - If the City of Harrisonburg Public Schools are closed all day:
    - All Parks and Recreation programs, classes and events are cancelled.
  - If the City of Harrisonburg Public Schools close early:
    - All Parks and Recreation programs, classes and events will be cancelled at the same announced time of City of Harrisonburg Public School closing.
  - In the event of inclement weather when City of Harrisonburg Public Schools are not in session or a non-school day:
    - The Parks and Recreation Department reserves the right to cancel programs and close facilities should weather conditions warrant. Notifications of cancellations and closings will be made through the above listed Facebook and Twitter page.

## **Article 10: Team Selection**

- Teams will be organized and divided by age and school.\*\*\* (skills night)
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team.
- Participants and parents may not request to be placed on a specific team
  - This is to help prevent an imbalance of talent.

## **Article 11: Resources**

- Additional information concerning registration, schedules, ages divisions, etc. can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- Please make sure to follow our Athletics Facebook page at [www.facebook.com/hprathletics](http://www.facebook.com/hprathletics)
- Team specific information can be directed toward each team's volunteer coach.