

PLAYER ELIGIBILITY

- Players must be in the 3rd - 6th grade for the 2023-2024 school year.
- Leagues will not be co-ed in the 3rd-6th grade.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- Players must register within their specific grade level. Players may play up one grade level. However, if two grades are merged to form one league, players must play within their designated grade and cannot play up one grade level.

EQUIPMENT

- Hereford Sports & Wellness will furnish the following equipment for teams:
 - a. Intermediate Size Basketballs (28.5")
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt tucked in.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.

GAME RULES

- The game will consist of four 8-minute quarters with a running clock.
 - a. There will be a regulation clock in the last 2-minutes of the game.
 - b. If a team is ahead by 15 points or more in the last 2-minutes of the game, there will be no regulation clock and the clock will run continuously.
- Each player must play at least two quarters per game, unless a team has more than 10 players.
- Each player must sit out one quarter per game, unless a team has less than seven players.
- One parent from each team will need to sit at the table to track substitutions.
- All games should start within 5-minutes after the hour and must end prior to or on the hour.
- A game will be considered a forfeit if one or both teams are not present by 5-minutes after the game is scheduled to begin.
- Halftime will be 3-minutes.
- A 1-minute break is allowed between quarters.
- Each team will be allowed three timeouts per game.
- The home team will provide the scorekeeper and the visiting team will provide the timekeeper.
 - a. The timekeeper will run the clock according to the rules and subject to the official's direction.
- Goals will be 10-feet.
- The referee will keep the official time.
- If a team is leading by 15 or more points, they must not press in the backcourt.
- Teams may play man-to-man or zone defense.
- In sudden death, each team picks five legal players to shoot one free throw each. The team that makes the most free throws out of five is the winner. If the game is still tied after sudden death, it will remain a tie.

START OF GAME & JUMP BALLS CONT.

- The opening tip will be the only jump ball during any game.
- Possession on any jump ball will alternate from one team to another.
- Scorekeepers will be responsible for telling the referees which team receives the ball.
 - a. The recommended system is to use the initial of the team who had the last possession.
 - b. Example: If one team is red and the other team is blue, and the red team receives the tip off, mark “R” down at the top of the scoresheet. The blue “B” team will receive the next jump ball

FOULS

- A player should raise their hand after committing a foul and turn their back to the scorekeeper’s table for number identification.
- Five personal fouls on a player, per game, will result in disqualification of that player for the rest of the game.
- A technical foul against a player will also be considered a personal foul.
- Technical fouls against a non-player will result in the opposing team receiving two shots and the ball out of bounds.
 - a. Two non-player technical fouls will result in the coach and/or parent leaving the game and they will be suspended for the next two games.
 - b. When an assistant coach receives a technical foul, they must leave the bench.
 - c. The technical will be marked against the head coach.
- Two technical fouls on a player will result in them being ejected from the game and may lead to further disciplinary action from Hereford Sports & Wellness officials.
- Technical fouls will be called if coaches, assistant coaches, or parents are on the court while play is going on.

FOUL SHOTS

- Players will shoot if fouled in the act of shooting.
- Players will shoot from the free throw line.
- Players will not shoot common fouls until the seventh foul per team, per half.
 - a. Shoot 1-1 on the 7th and 2 shots on the 10th.

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team’s fans and spectators.
 - d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.
- Coaches should remember that the officials are in charge of the game and have the final authority on the court.

COACHES CONT.

- The benches are to be used for the coaches and players, not the parents and spectators.
- Coaches must stay off the court and in the 5-10-foot box area.
 - a. Coaches may not roam the sidelines.
 - b. If a team has two coaches, one coach may stand up while the other must be sitting down.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.