

Clinton Parks and Recreation Department
2026 Basketball Rules and Regulations

11-14 Middle School Age Group

SPORTSMANSHIP!!!

All players and coaches are expected to behave before, during and after each game with good sportsmanship. At no time is a player to question a coach, an official or a supervisor in a demonstrative manner. Players are to treat coaches, officials, supervisors, opposing players and parents with RESPECT. Any verbal or physical display of disgust by a player toward another player, coach, official, supervisor or parent will result in the offender being removed from the game. If a coach fails to remove said player, the supervisor will have the authority to do so. Said player will be restricted to the bench for an undefined time to regain her/his composure. We are confident that all parents and coaches will assist the recreation department to enforce this policy. **REMEMBER THIS IS FOR THE KIDS!! PLEASE EMPHASIVE LEARNING AND HAVING FUN WHILE DE-EMPHASIVING WINNING!!**

If a team has two coaches, ONLY the head coach will be allowed to stand up along the sidelines.

Games will be played in accordance with North Carolina High School Athletic Association rules except for the following:

Game Length: Games will consist of 4-10 minutes halves with a 5-minute halftime. Game clock will be continuous except for the last 2 minutes of the 4th quarter.

Timeouts: Teams will be allowed 2-30 second time outs each half. Timeouts cannot be carried over.

Participation: In the first half, the clock will stop every 5 minutes and players will rotate. Players are required to play at least 2 rotations in the first half. Coaches will be able to freely substitute the entire second half. Players will be required to play at least twice in the second half.

THE FOLLOWING VIOLATIONS WILL BE CALLED:

- A. Three (3) second lane violation.
- B. Five (5) second throw-in violation.
- C. Ten (10) second violation before crossing the mid-court line.

All players are expected to remain seated on the bench except for an expression of excitement and encouragement of team play (example: after a made basket).

If a player is ejected from a game, then he/she will be suspended for the next scheduled game. If a player is ejected twice in the same season, he/she will be suspended for the remainder of the season.

If a coach is ejected from a game, he/she will be suspended for one (1) game. The coach will not be allowed to practice with team or attend games during that period. If a coach is ejected twice in the same season, the Athletic Director will appoint a new coach.

DEFENSE: *The defense is allowed to play full court the entire game.*

If a team is ahead by 20 points or more at any time, then the defense will be restricted to playing half-court. A team will get two warnings from the officials if any player(s) violates this rule. If a team violates this rule a third time, then a team technical foul will be issued to the offending team.

If a team is restricted to playing half-court defense, the following rules will apply: A player's arms and hands may extend past the mid-court line, but the feet must remain behind the line.

OVERTIME RULES:

If tied at the end of regulation, there will be a 2-minute overtime period. Each team will get 1 timeout. Leftover timeouts from regulation will NOT carry over into the overtime period. Clock will run like the last 2 minutes of regulation. Also, there will be free substitutions. If at the end of the 1st overtime period the game is still tied, then a 2nd overtime period with the same rules will be played. If the game is still tied after the second overtime period, the game will end in a tie.

CONDUCT

1. The Recreation Supervisor on site has the authority to bench any player exhibiting unsportsmanlike conduct before, during or after a game. If a player exhibits unsportsmanlike conduct after a game (example: not shaking hands of opponents) then the player will be benched for a portion (minimum of one (1) half) of the next game.

2. All participants of athletic events are expected to conduct themselves in a mature and cooperative manner with any official or supervisor. Any conduct which may be deemed disrespectful or disruptive will result in the removal of the offender and appropriate actions being taken by the Recreation Department Staff as necessary.

3. Any student suspended from school will not be permitted to participate in any games, practices or any other program activities until the suspension has been lifted and the student returns to class. This will take place once the department staff has become aware of the suspension.

4. Profanity by a program participant, parent/guardian, or spectator will result in immediate suspension from activity until he or she has met with the Athletic Director. Until meeting with the Athletic Director/Asst. Athletic Director, he or she will not be allowed to be present or participate in any recreation event.