

**GROTON PARKS & RECREATION
GROTON BASKETBALL ASSOCIATION
BY-LAWS 2022-2023**

League Philosophy: The GBA operates as a program under the direction of the Town of Groton Department of Parks & Recreation. It is the Recreation Department's intention to offer INSTRUCTIONAL sport programs with a high emphasis placed on sportsmanship and learning.

I. PLAYER ELIGIBILITY AND SELECTION

1. Players who participate on any high school team may not participate in GBA. Middle School players can play in both.

2. Both residents and nonresidents are welcome.

A. DIVISIONS

1. Micro: All children ages 8-9.

2. Junior: All children ages 10-11.

3. Senior: Girls ages 12-15, Boys ages 12-14

4. Age determined as of January 1, 2023

5. A player may play up one division above the corresponding age group. However, after playing in two games, the player may not again play in the younger group.

B. PLAYER SELECTION

1. Players will be selected by coaches based on evaluations at a pre-season Skills Day, special requests and any other available information with the goal of developing evenly matched teams.

2. Children on a waiting list who register after the deadline will not be allowed to participate unless it is necessary to complete a team.

II GAME REGULATIONS

GBA games follow high school basketball regulations and will include the three (3) point shooting range except for the following rules:

A. GAME TIME

1. Games will be composed of four (4) eight-minute time quarters with a running clock except for the last 2 minutes in each half and fouls shots. Clock will stop for foul shots (Clock may be stopped at the discretion of the GBA staff for injuries, etc.)

2. There shall be one minute between quarters and three (3) minutes between halves. There is no time out at the mid period substitution.

3. Each team is allotted two time-outs per half which cannot be carried over.

4. One overtime period will be played if necessary in the 12-14 age group only. Overtime periods shall be three (3) minutes.

5. Games are limited to one hour and running time is used to ensure that it occurs

6. Forfeits

a. If a team does not have 5 players to start the game, the refs will wait 10 minutes before declaring a forfeit. At that time a scrimmage may be played for the remaining time.

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- b. A team must have five players to begin a game but may continue with less due to an injury or disqualification due to five personal fouls or ejection.
7. Score
- a. Micros: The score may be reset to zero at half-time.
Junior and Seniors: The score may be reset to zero at half-time at the discretion of staff.
 - b. Score will be stopped after a team is 15 or more points ahead for all divisions.

B. PLAYING TIME:

Micro And Junior Divisions

It is a goal of the League to provide equal playing time for all players.

1. Prior to the start of each game, team coaches will submit their player rotation for the complete game.
2. The game is stopped at approximately 4:00 of each period.
 - a. At a dead ball near 4:00.
 - b. At 4:00 if ball is in play and no significant progress is being made towards basket.
3. Substitutions will take place at the beginning of each period and at 4:00 of each period.
4. Playing time for each player will be recorded at the scorer's table.
5. The roster will not be reset at half- time.
6. A player cannot play in all periods in one half unless six or less players are present.
7. A player cannot play in all periods unless 5 or less players present.
8. If a player cannot play in their period. Ex. Player is injured or late. The replacement player must be a player with less playing time. If playing time is equal any player can be selected.
9. A player maybe removed from a period with approval of the table if the player may be a danger to others.
10. In the event of overtime. Any eligible five players can be selected.

Senior Division

1. The Senior Division will use a more advanced level of play time. Each Player in attendance will have a required minimum playing time of 12 minutes (approx. 35%).
2. If a player is late and cannot enter the game until the second half, they will have a required minimum playing time of 6 minutes.
3. Substitutions will be made like a real game where players report to the scoring table for entry into a game.
4. It is the responsibility of the head coach to ensure each player meets the minimum 12-minute playing time rule. Failure to comply will result in a possible forfeit of the game and a 1 game suspension of the head coach.
5. Each starting player must be substituted for at least one during a game.
6. If a player fouls out of the game, the 12-minute minimum playing time rule does not apply

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C. DEFENSIVE PLAY

1. Micro Division

- a. Man-to-Man defense and zone defenses are allowable.
- b. The defensive team must allow the offense to bring the ball across half court before playing defense.
- c. All players must be actively participating while on the court.
- d. A defensive rebound or a steal resulting in possession creates an offensive posture. The opposing team must retreat beyond half court and play standard defense.
- e. Double Teaming is not allowed outside the 3 pt area.
- f. If 2 or more players are swarming or playing pressure defense to a given player outside the 3 pt line, the referee will issue a warning then technical foul.

2. Junior Division

- b. Man-to-Man defense and zone defenses are allowable.
- c. The defensive team must allow the offense to bring the ball across half court before playing defense.
- d. In the last two minutes of each half, full court defense is allowed as long as a team is not ahead by more than 10 points. After New Year's Day, we will switch to full court pressing any time a team is ahead by fewer than 10 points.
- e. All players must be actively participating while on the court.
- f. A defensive rebound or a steal resulting in possession creates an offensive posture. The opposing team must retreat beyond half court and play standard defense.
- f. Double Teaming is not allowed outside the 3 pt area.
- g. If 2 or more players are swarming or playing pressure defense to a given player outside the 3 pt line, the referee will issue a warning then technical foul.

3. Senior Division

- a. Man-to-Man defense and zone defenses are allowable.
- b. Full-court pressure allowed unless a team has a 10-point lead. At that point no press is allowed.
- c. All players must be actively participating while on the court.
- d. Double Teaming is allowed anywhere on the court.

D. FOULS AND FOUL LINES

1. Micros will shoot from a 12-foot foul line
2. Juniors have the option to shoot from a 12-foot line
2. Seniors will shoot from a regulation foul line (15 foot) at the discretion of referee.
3. Fouls:
 - a. Personal Fouls: Each player can be penalized for up to 5 fouls. Once a player reaches their fifth (5th) foul s/he will be ejected from play for the remainder of the contest. Player is not eligible for overtime.
 - b. Team Fouls: Each team can be penalized for 7 fouls before they

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have placed the opposition in the foul bonus. On the seventh (7th) foul, the player fouled will receive a one-and-one opportunity from the foul line. At ten team fouls, the player fouled will be awarded two (2) shooting opportunities from the foul line. Team fouls should be recorded throughout each half and brought back to zero at half time and in the event of overtime.

Overtime Periods shall be three (3) minutes. One overtime period will be played if necessary in the 10-11 and 12-15 age groups and tournament. Tournament play until winner.

1. Any five players may play. Fouled out players are ineligible.
2. Team fouls reset, player fouls carry over.
3. One time out per team per overtime.

III. EQUIPMENT

A. Basketballs

1. Micros - 27 ½" ball. Junior girls, Senior girls- 28 ½" junior size ball. Size 5
3. Junior boys- 28 ½" women's size ball. Size 6
4. Senior girls- 28 ½" women's size ball. Size 6
5. Senior boys- 29 ½" regulation size ball. Size 7

B. Uniforms

1. All participants will be given a team uniform shirt with the GBA logo on front and numbers on the back of the shirt.
2. Players must wear non-marking athletic shoes at all practices and games.
3. Player must wear athletic shorts. No jeans, jean shorts or long pants.

C. First Aid/safety

1. All coaches will be provided with first aid materials. Coaches must contact GP&R if they need any supplies.
2. First Aid kits must be brought to/or made available at every practice and game.

IV. SPORTSMANSHIP

A. Conduct appropriate to the philosophy of the GBA is required of coaches, players and spectators.

1. Only 1 coach is allowed to stand. Additional assistant coaches are allowed and must remain seated.
2. Coaches are responsible for the actions of their players, spectators and themselves.
3. The determination of what constitutes an infraction of good sportsmanship will be determined by the rules of the sport as well as the discretion of officials and league supervisor.
4. Improper behavior on the part of a coach, player or their supporters will result in a technical foul.
 - a. Coaches must remain in the bench area during the course of the game.
 - b. Abusive language will not be tolerated.
 - c. Coaches and players may face immediate suspension for behavior deemed irresponsible or inflammatory. Reinstatement will be considered only after review by the Recreation Department.

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- d. Players or coaches who receive two (2) technical fouls in one game will be ejected from the game and receive an automatic one (1) game suspension.
 - e. A second game with two (2) technical fouls called on a coach or player will result in expulsion from the league.
- B. Any parents who use abusive language or display unacceptable behavior will be immediately removed from the gym by the referee.

V TEAM SCHEDULES

1. All teams will practice twice a week on a week night and will be scheduled to play one (1) game on a Saturday or Sunday.
2. All practice times and sites will be assigned by the Recreation Department.
3. Unregistered children are not allowed to practice with the teams under any circumstances.
4. Entry into any tournament outside the league must be approved by the Recreation Department prior to participation. Use of the GBA issued uniform shirts must also be approved.
5. Season consists of 8 games plus tournament.