

OREM RECREATION DEPARTMENT 2023-24
YOUTH BASKETBALL RULES
9-12th Grade Boys

GENERAL RULES:

1. All team rosters and signed waivers must be turned in BEFORE the first game.
2. Players who are on a school team roster for the 2023-24 season are NOT eligible to play (9-12 grade school teams)
3. This program is for those kids currently in 9-12th grades. If you have already graduated from high school, you are NOT eligible to participate.
4. Once a player has played in an official league game, that player is frozen on that team and cannot play for another City team. All pre-season, regular season, and post season games are considered official league games.
5. All rosters will be frozen after February 1st. No new players will be added after that date. If you are caught using an illegal player, that game will be declared a forfeit. Protests regarding an illegal player must be reported to the supervisor/scorekeeper BEFORE the game is completed. The supervisor will check the roster and protest will be handled at that time at the gym.
6. Each player must have a current jersey to play.
7. Orem Youth Basketball is a program to develop skills, sportsmanship and progressive competition. We want to make it a positive experience for all who participate.
8. Game time is forfeit time. Teams must have four players to start and you must have a minimum of four players to continue a game.

GAME RULES:

1. Regular high school rules apply except for those noted herein:
2. Scores are kept for this age group. There will be a postseason double elimination tournament with all teams involved.
3. A maximum of two (2) coaches will be allowed on the bench. All other coaches, fans, and spectators can NOT sit on the bench with the team. An adult coach is not required, but if your team is NOT in control, you will be required to have an adult sit on the bench with you.
4. Playing time shall be two twenty-minute halves. Regulation playing time shall be in effect the last two minutes of each half (this means the clock will stop on all whistles). EXCEPTION: In the second half, if one team is up by 16 points or more at the two minute mark, the clock will continue to run for the last two minutes. Since games are scheduled each hour, there will be a limited warm-up and a three minute half time. Overtime: three minutes with the clock stopping the last minute.
5. Time outs: Two 30-second timeouts allowed per half per team. Over time period(s) one time out per period is allowed. Time outs do not accrue and cannot be carried over to the second half or over time period(s).
6. No touching, dunking, or hanging on the rims before, during, or after the game. Anyone doing this will be suspended for the remainder of the current game and the next game. The basket will not count and the other team will get the ball under the basket. If this situation occurs after a game, a player will sit the next two games. No technical foul will be assessed for dunking.

PLAYER CONDUCT:

1. Unsportsmanlike conduct, especially profanity WILL NOT be tolerated.
2. Discrimination or harassment of any sort WILL NOT be tolerated.
3. Any player receiving a behavioral technical foul will be required to sit out for 20 minutes of game time. This will carry over to the next game if necessary. If you get three technical fouls during the season, you will no longer be eligible to participate in the league.